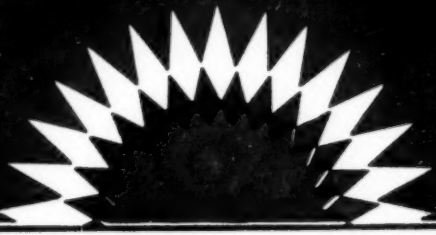
THE DAY WORLD



A MAGAZINE OF SUNSHINE

15¢ A Copy — $1.50 A Year

DECEMBER
1930

"The Quiet Zone"
"Safe in God's Loving Care"
"Forget the Past!"
"Looking Heavenward"

A PAGE OF INSPIRATION FOR EACH DAY

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

November 20 to December 19

The image and likeness of God is now expressed in me as perfect light and understanding.

I am the image and likeness of God—the prism through which Divine Mind flashes into expression its perfection, and I am made whole.

As I was in the beginning, I am now the perfect image and likeness of God, and all things that the Father has are mine.

Single copies of *Unity Daily Word* may be obtained at news stands, at 15 cents. Subscription, $1.50 a year.

Unity School of Christianity also publishes *Christian Business*, *Youth*, *Wee Wisdom*, *Unity*, and *Weekly Unity*. Each subscription, $1.50 a year. One other publication, *Unity Sunday School Leaflet*, is $1 a year.

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1930

UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

MERRY CHRISTMAS

God is wrapping His Christmas Gift
  In the softest midnight blue;
God is sealing His Christmas Gift
  With a star incredibly new;
And God is dispatching the strangest post
That ever the roads of night did boast—
A multitude of the heavenly host,
  Winging the heavens through.

God's post is dropping His Christmas Gift
  At a crazy stable door,
With never a number, and never a name,
And never a light save a lantern's flame,
That guided her who heavily came
  Scarcely an hour before.

(Continued next page)

Time's trembling fingers unwrap the Gift
Of the sealing star and the blue;
Time's wondering eyes behold the Gift
That the ages longed to view;
The Gift that means that God in man
So tangled Himself that He never can
But share the blessing and share the ban!
This is the Gospel true.

Now God be praised for His Christmas Gift
Dropped at our heart's low door;
And never a sin and never a shame
Need bar God's Gift if we keep a flame
Though faint as the lantern when first it came,
A flame in our deep heart's core.

—*Robert Nelson Spencer (Episcopal Bishop-Elect, Diocese of West Missouri)*

(By permission of The Kansas City Star)

THE BIRTH OF LOVE AND JOY

The world was without love, and void,
Until one Christmas morn,
And then the world was overjoyed—
For Jesus Christ was born!

THE QUIET ZONE

WE HAD just turned off from a street where automobiles were scurrying to and fro, horns were shrieking, and thousands seemed to be paying tribute to their great god, Noise. The little side street seemed so quiet that we were just about to mention the fact when a simple little sign greeted our eyes, "Quiet Zone."

Back on the hill, nestled among the trees, was a hospital, where many a person was patiently resting, seeking health. The little sign seemed to have created an aura about the place, for the stillness seemed more powerful than the noise of the busy street. We, too, entered into the spirit of stillness and became part of the "quiet zone."

The first thing felt was a sense of being separated from noise and confusion. Even the thought, "quiet zone," seemed to build a thick wall that shut out the noise of a busy city. Possibly, in a distant land ages ago, a little group of men had the same feeling when their Master said, "Come ye yourselves apart into a desert place, and rest a while," into that place deserted by the noise and distractions of the world.

We seemed to feel that a heavy door had been closed behind us to keep out the world of confusion. Our attention seemed to be turned to the very familiar instruction, "Enter into thine inner chamber, and having shut thy door, pray." We had something of a feeling akin to that which sages, adepts, and Christian mystics

have had when they have gone deep and deeper, still farther and farther, into that inner realm which no noise or confusion ever penetrates.

The quiet zone! Whoever we are, wherever we may be, we, too, can enter the quiet zone. We can stem the tide of noise and confusion by declaring the words, *"The Quiet Zone."* We can set our environment apart from the noise of the world and its disturbances. We can live in a world in which Noise is not god but wherein God Himself, the God of peace and harmony, is inthroned.

When we erect the mental signboard, "The Quiet Zone," we must do so without any thought of resistance. We must not think that we are fighting or defeating noise. We must realize that in Truth there is only God's world. His zone of stillness and quiet.

In God's quiet zone there can be no noise, no fear, no harm, no destruction. Only the quietness, peace, and harmony of heaven can prevail. There can be no activity of evil where this perfect quiet is established. Truly, the secret place of the Most High so beautifully described in the 91st Psalm is the ideal zone of quiet—free from noise, pestilence, terror, and destruction.

The quiet zone! A place of stillness, refuge, sanctuary! No evil or disturbing thought can enter there. Every mortal belief has been silenced. No thought of inharmony, fear, hate, disease, or death. Every disturbing thought

has been stilled. Absolute quiet. God's zone of perfect stillness.

Have you idealized and visualized some place where you could retreat from the irritations of life? Turn aside from the way of confusion, irritation, hardship, and pain. Enter God's zone of quiet! You can command your whole life, your whole world, when you have learned to get still. With God in the silence you can do all things. You can direct your whole world from this place of vantage.

God's zone of stillness is your refuge of quiet. It is your place of power. In the stillness of this quiet zone you will learn and understand your power over things of the external world. Something at the very heart of your being will say to things external, "Be still, and know that I am God,"—yes, Lord of all, commanding things of the world and subjecting them to you.

You enter the quiet zone to find that it is, indeed, a very small place. Eventually, you find that it has extended to the very circumference of your world. You will ultimately discover that your world is one of quiet, one of freedom from noise, fear, and distraction, one filled with the presence of God.

City officials speak of districts as being zoned for business, zoned for residences. How is your life zoned? Is it given over to jangle, fear, and disease? Or is it zoned for peace, happiness, and health? You have power to say which it will be. By your decree you zone your

life one way or the other. How ideal is the life zoned for quiet! A life in which adverse thought is shut out and stilled. A life in the intense quiet of which Spirit is most active, active as the presence of divine power and life.

The way to zone your life for quietness is to enter that high consciousness of the presence of God into which no adverse thought, no disturbance, can enter. When you do this, Spirit in you erects the standard, "The Quiet Zone." Nothing disturbing can enter your environment. Nothing can disturb the calm peace of your soul. All is quietness, the quietness that comes from God's holy presence.

When you enter the quietness of Spirit you will be set apart from the confusion of the world, but in that quietness you will find spiritual activity. You will find the life that exists in reality, in Spirit. Through stillness you will have found yourself, found God.

When things of the outer world seem to disturb you, call their attention to the all-commanding banner, "The Quiet Zone," and make them respect it. Retreat to the quietness and security of that secret and quiet place in which you are established in God. Go apart from things of the world and retreat to that place of stillness and of power wherein God reigns supreme.

In God's quiet zone, all is quietness and peace. No disturbing thought can enter the presence of God. Know that in this quiet zone you are one with Him and He is one with you.

SAFE IN GOD'S LOVING CARE

IF YOU ARE tired of worrying about the outcome of your affairs, if you are ready to give up turning over and over in your mind the situation that has been commanding your attention, just put it all in God's hands and say to it, "I place you safe in God's loving care." In God's care you, too, will be free from worry and care.

"Safe in God's loving care." Even the words give us a sense of freedom from worry. What a comforting realization to know that we can put our worries and our affairs in God's loving care and that He will take charge of them! We know something of the assurance that Israel had when Moses said:

"The eternal God is *thy* dwelling-place,
And underneath are the everlasting arms."

Into these loving arms, into their loving care, you are to place all your affairs. Here they are safe and secure. No evil thing can come nigh them or molest them. In God's loving care they receive His blessing. His arms are about and underneath them. His arms are underneath you, just as a loving parent would infold you in his arms and keep you safe from harm.

"Safe in God's loving care." Place yourself, your thoughts, and your anxieties in His love and care. The anxieties about the future, about money, about relatives—all these must drop from your mind and be put into His loving care. Not a worry, not a troublesome thought, is to be left.

Do you recall these words of the Psalmist: "Cast thy burden upon Jehovah, and he will sustain thee"? It is another way of saying, "Place yourself and your loved ones in God's loving care." If the burden seems too heavy, cast it upon the Lord.

Are you concerned about your health? Cease worrying. Place yourself, your health, and your life in God's loving care. Know that in His presence you have life, health, and strength. In Him you are safe from contagion, disease, and death. He is your stronghold. He is your strong tower of defense.

Are you worried about your success? That, too, is something that God will take care of. He will free you from all possibility of failure. He will prosper you and make your work succeed. Place all that you have in His love and care. Your business, your expenses, your plans, and your obligations will receive His blessing. All that you have, all that you do, will have divine approval.

"Safe in God's loving care." When you place yourself and your loved ones in His care you must do so with the assurance, conviction, and realization that He will take care of you and them. Remember these comforting words:

"Be not dismayed, whate'er betide,
God will take care of you;
Beneath His wings of love abide;
God will take care of you.

* * *

No matter what may be the test,
God will take care of us;
Lean, trusting one, upon His breast;
God will take care of us."

There are two essential points in this matter of letting God take charge of us and our affairs. First, we must be willing to give up all anxious thought and place our affairs completely in the loving care of God. Second, we must have the realization that God is at work, establishing peace, order, and success. We must feel that we are working with God in what He is doing and be ready, at all times, to coöperate with Him.

Before you arise in the morning, dedicate yourself and all that you have to God. Before you close your eyes in sleep at night, get still and feel the presence of His loving care. Before beginning any new undertaking, pause and realize that you and your work are safe in God's care and love.

From this attitude of resignation will come strength and power. You will feel that, deep within you, indwelling Spirit is at work. You will realize that God is truly at work, taking care of that which you have given into His charge. You will have the assurance, conviction, and realization that you, your life, and all that you have are safe and secure in the loving presence of Him who is Father and God in all and over all.

THE MYSTIC'S CHRISTMAS

"All hail!" the bells of Christmas rang,
"All hail!" the monks at Christmas sang,
The merry monks who kept with cheer
The gladdest day of all their year.

But still apart, unmoved thereat,
A pious elder brother sat
Silent, in his accustomed place,
With God's sweet peace upon his face.

"Why sitt'st thou thus?" his brethren cried.
"It is the blessed Christmastide;
The Christmas lights are all aglow,
The sacred lilies bud and blow.

"Above our heads the joy-bells ring,
Without the happy children sing,
And all God's creatures hail the morn
On which the holy Christ was born!

"Rejoice with us; no more rebuke
Our gladness with thy quiet look."
The gray monk answered: "Keep, I pray,
Even as ye list, the Lord's birthday.

"Let heathen Yule fires flicker red
Where thronged refectory feasts are spread;
With mystery-play, and masque and mime,
And wait-songs speed the holy time!

"The blindest faith may haply save;
The Lord accepts the things we have;
And reverence, howsoe'er it strays,
May find at last the shining ways.

"They needs must grope who cannot see,
The blade before the ear must be;
As ye are feeling I have felt,
And where ye dwell I too have dwelt.

"But now, beyond the things of sense,
Beyond occasions and events,
I know, through God's exceeding grace,
Release from form and time and place.

"I listen, from no mortal tongue,
To hear the song the angels sung;
And wait within myself to know
The Christmas lilies bud and blow.

"The outward symbols disappear
From him whose inward sight is clear;
And small must be the choice of days
To him who fills them all with praise!

"Keep while you need it, brothers mine,
With honest zeal your Christmas sign,
But judge not him who every morn
Feels in his heart the Lord Christ born!"

—*John Greenleaf Whittier.*

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KEEPING THE FEAST

He keeps the Christmas feast who makes
A feast in his own heart;
Who of Christ's love and joy partakes
Of Christ becomes a part.

FORGET THE PAST

QUITE SOON we shall be thinking of the year as drawing to a close and the time will be ripe for making new resolutions. To some persons the last of the old year becomes a good time for a good mental housecleaning. Even those who have not learned through the study of Truth to renew their mind day by day find that the practice of clearing their thought once a year and making new resolutions stimulates them to forget the past and to take a new hold on life.

Forgetting the past does not seem easy for some persons. Wounded pride, hurt feelings, rebellion against defeat, are matters that many hug to themselves stubbornly and tenaciously, unless the light of Truth dawns upon them and they see the folly of their foolishness. They discover, after all, that the past is nothing of itself. Only their memory of it and their reaction to thoughts of the past can have any influence upon their present state.

Do you have difficulty in forgetting the past? Do you find yourself unable to break away from memories of disappointment and failure? Then cease to give importance to that which you call the past. In your world, the world of livingness, the world of today, there is no past, there are no memories of unpleasant happenings of yesterday.

When the old arguments of yesterday come up, meet them with the truth, the realization, that you live in the glorious today. You are not to be burdened or limited today by what

you or any one else thought, said, or did yesterday or forty years ago. Your world is not one of the past, neither is it one of limitation. You are neither limited nor bound by the thoughts, words, or deeds of others. Neither are you to be bound by your own.

Forget the past! Cease to think of it as something. In your world of today it has neither reality, place, nor power. There is absolutely no place in the present moment, resplendent with its joys and possibilities, for the unpleasant, haunting memories of yesterday. Think how ridiculous it is for a person to let the present be affected, influenced, or ruined by the past.

Forget the past! What do you care if some one spoke unkindly yesterday! That is his affair. The person who says or does an unkind thing but displays his own character. Your part is to be unaffected by what he does or says. Possibly you would be more lenient with him if you could know his hidden life, his problems, his discouragements, and his motives.

Forget the past! Cease to regard the souvenirs of yesterday that break your heart. Learn to live! Live this day to its fullest extent. You can do so only by refusing to let unhappy events of yesterday rule your today. If you are to live the spiritual life, you must break with the past, and with its unpleasant associations.

You must be master of your life at all times. You must not be ruled by persons, things, or

events. You must see the fallacy of being governed by the past. Those who live in the past in thought do not live in the present. Physically they live in the world of today; mentally they live in another world: unpleasant memories. We can readily see the incongruous situation.

If you have been bound by the past and have tried to live in it, change your way of thinking. Bring the vitality of the present into your life. You will change your whole life by doing so. You will see the world from an entirely new angle.

Forget the past! The persons who caused you heartaches, the events that caused you sorrow, and all the foolish little personal situations must be forgiven and forgotten now. All these have served their time. You have learned your lessons. Begin life anew.

Forget the past! Live in the glorious today! Today with its joys and promises! Today with its livingness! Today will give you a blessing. Rise out of the valley of despondency and ascend to the heights where the sun is shining. Put the past behind you. Keep your vision straight ahead.

Rising to the new consciousness, you must drop old, crystallized ideas. You must make room for the new. Salute the new day with the realization that henceforth you will live only one day at a time, and that today—today!

Redeemed from all belief in the power of disease, my body manifests the health of Christ within me.

I THINK of my body as the temple of the living Christ. I free it from all belief that it is the habitation of disease or that it is susceptible of foulness or weakness. In my mind, I set it free from all thought of physical limitation.

Christ, the truth of my innermost being, frees, cleanses, and redeems it from any race belief that would cause it to manifest anything short of perfection. In Spirit and in Truth, my body is redeemed from all adverse thought. No conscious thought or subconscious belief can cause it to become diseased or weak, since it is now under the dominion of spiritual thought.

Within my body dwell peace, life, health, and strength—the very presence of Christ. Knowing this truth—the redeeming, healing truth of God—I am assured that my body manifests and glorifies the divine presence. I know that where Christ dwells there can be no foul presence, no habitation of disease, no impure thought manifest.

I refuse to think of my body as affected by the race belief in disease, age, or death.

Waiting for *our* adoption, *to wit*, the redemption of our body.—*Rom. 8:23.*

Resting in the confident assurance that all things are working to my highest good, I am no longer anxious.

I LOSE sight of all occasion for worry and anxiety, because I trust in God to keep all my affairs in perfect order. I place all things in His care. I know that my highest good will come to pass.

I give up worrying about my health. I know that God in the midst of me is mighty to purify and strengthen me, and to restore me to perfect health. I am not anxious about the health of any of my loved ones.

I cease to be anxious about finances. I trust God to bless my affairs with wisdom, justice, order, and prosperity. Free from all worry, I behold my affairs as now blessed with bountiful prosperity.

I do not worry about my personal affairs, my home life, or my environment. I need not be anxious about persons, things, or external situations. In the impersonal consciousness of Spirit, there is no worry, no anxiety; there are only perfect trust, absolute faith, victory.

I live free from worry and anxiety, because I am centered in the care-free life of Spirit.

Be not therefore anxious for the morrow.—*Matt. 6:34.*

Relieved of thoughts that bind and limit, I have perfect freedom in mind and in body.

I REFUSE to entertain any limiting thoughts. I can give no place to thoughts of inharmony, fear, hate, disease, lack, and failure. I am free from thoughts that would place me in bondage to persons, external things, or situations.

I am free, because I no longer entertain thoughts that would bind me mentally or physically to limited conditions. I am not in bondage, because I realize the truth of my perfect freedom. I am liberated from every form of race belief that would restrict me in mind or in body.

I believe in freedom! Freedom is my keynote. I go forth this day established in the consciousness of freedom. No limiting belief can cause me to give up my freedom. The freedom of Christ within me inspires me to expect and to express freedom at all times.

I extend freedom to all with whom I am associated. I have no desire to cause others to conform to my code of personal conduct. I do not wish to have them limit their thinking or to narrow the scope of their life. I give them freedom.

He that was called in the Lord . . . is the Lord's freedman.—*I Cor. 7:22.*

In the joy of Christ within me, I am free from all sense of depression. I am joyful!

I CAST from mind every thought that would make me sad or depressed. I have power to choose between sorrow and joy, depression and happiness, and I choose to be joyful. In order to fill my life with joy, I fill my mind with joyful thoughts.

The joy of Christ within me is not affected by things of the external world. Nothing in the world without me has power to affect the joy of Christ at the heart of my being. Neither person, thing, nor circumstance can cause me to lose sight of the joy of Christ within me.

With my mind filled with joyful thoughts, I find that my whole being is impregnated with joy. Every cell of my body is thrilled with joy. Joy fills my whole life, and my world is one of great joy. I greet this day in the spirit of joy, and find that every experience brings joy to me.

In this consciousness I have power to cause joy to appear in every phase of my life. I live in a contagion of joy, and all whom I meet are quickened to cheerfulness, happiness, and joy.

My joy therefore is made full.—*John 3:29.*

Through my invincible faith, I have power to do all things.

CHRIST IN ME is mighty to accomplish whatever I undertake to do. I have faith in myself, faith in Christ within me, and I know that I have power to do whatever task is before me. I rise above all doubt and unbelief. I rise out of all fear that situations can master me and out of all belief that I am unable to cope with circumstances of the day.

I cease to lack faith in myself. I do not belittle the power of Christ within me. I know that nothing can prove too great for Him. I have faith in Christ because His presence and His faith fill me through and through.

I have faith in the healing power of God. I cease to doubt this power and, by faithfulness, I lay hold of that might of God which causes healing to spring forth. Through faith I am joined to the very life of God.

I have faith in the substance and supply of God. I refuse to doubt the power of God to supply my every need. I no longer disbelieve in the law of supply. I have faith!

My faith increases day by day. As my consciousness of Christ's power increases, so does my faith. In Him I have bountiful faith.

A faithful man shall abound with blessings.
—*Prov. 28:20.*

SATURDAY, DECEMBER 6

I live forevermore in the lovingkindness of God, and my world is a world of love.

WITH ALL thought of hate cast out of my mind, with every belief in unkindness dissipated, I enter the realization of the omnipotence and omnipresence of God as love. I do not think of hate, envy, jealousy, or personal animosity as having any place or power in my life. God, divine love, is all in all.

Henceforth love rules me to the exclusion of any contrary or opposing belief. Every problem, every difficulty, every situation is solved, overcome, or handled through love. Everything must recognize the power and victory of God as love.

Love frees my mind from every unloving belief. Love establishes peace and harmony. Love lifts me to the consciousness of its all-prevalence, and I look upon a world in which love is king.

Ruled by love, I cannot be dominated by any thought of unkindness. There is now no unkind thought in my heart to attract unloving situations. Love rules me supremely. All the affairs of my life are guided, governed, and ruled by love.

The lovingkindness of Jehovah is from everlasting to everlasting.—*Psalms 103:17.*

Looking through the appearance of evil, I behold the presence of God, the good.

SINCE GOD did not create any evil thing, so-called evil lacks the substance and reality of God. Only that which is of God has truth and being in Spirit. Nothing that is ungodlike, false, or evil has place in the omnipresence of God.

Through eyes of faith, I have power to look through the assumption of evil and to see its nothingness and unreality in Spirit. I have power to look beyond disorder, hate, fear, disease, and lack and to see God still existing in His reality. I can behold the presence of God the good at all times because I am established in the consciousness that God is all that there is in truth.

No race belief, no voice of ignorance, can sway me from the consciousness that only the good is true. God is true at all times. He is the sustaining power, the background, and the foundation of all good.

With my thought centered upon God, with my mind filled with thoughts of good, I cannot be tempted to look upon evil in any guise as created in the likeness of God, the good. Through spiritual consciousness I know God.

God saw everything that he had made, and, behold, it was very good.—*Gen. 1:31.*

I leave all matters of judgment to God —the wise, impartial, and supreme judge.

I GIVE UP all tendency to attempt to handle my affairs through personal judgment and personal consciousness. I do not choose to pass personal judgment or condemnation upon others. I realize that I have neither right nor power to usurp the right and power of God, the supreme judge.

I refer all matters of judgment to all-wise and all-loving Spirit within me. I am willing personally to stand aside and to see God's judgment executed. I am ready to give up personal judgment in all things that I may behold divine judgment and infinite justice at work.

God's judgment is infinitely wiser than the wisdom of the world. He knows the motives of the heart. He sees beyond the realm of appearances and effects. He is all-seeing, all-knowing, all-understanding.

God's judgment discloses the good to me and I have no difficulty in discerning the true from the false. Through eyes of God, the perfect sight of Spirit within me, I know the good wherever it is found. Henceforth I exercise spiritual discernment, good judgment.

One *only* is the lawgiver and judge . . . who art thou that judgest thy neighbor?—*James 4:12.*

I cease to think of personal faults and imperfections. In Spirit I am whole and perfect.

I REALIZE that I should not let my mind dwell upon personal imperfections as long as I hope to overcome and remove them. I know that just as long as I think of personal faults as something of my own, as long as I speak of "my imperfections," just so long will I be identified with them.

I know that in Spirit I am the offspring of God, created in His image and after His likeness. I do not feel that I am presumptuous when I claim my divine sonship. I do not think of myself as claiming too much when I speak of my innate perfection in Spirit. I would speak a falsehood if I declared myself to be anything short of a child of God.

In Truth, I am God's creature of perfection. As I realize this truth, as I realize the perfection of my inner man, so will my outer man be brought into manifestation and into visibility as perfect. I transform my thoughts so that perfection is my standard. I know that even now my whole being is being changed into perfection.

Admonishing every man and teaching every man in all wisdom, that we may present every man perfect in Christ.—*Col. 1:28.*

Each day I take a newer, firmer grasp on life. Each day I see life from a newer, higher viewpoint.

RISING to a new realization and consciousness of myself and my relation to the world, I see all things in a new light. I am mentally renewed because I am filled with new ideas. I am lifted to a higher consciousness, in which I see myself and all that concerns me from a new viewpoint.

I am not bound to traditions of the past that would keep me from giving consideration to new ideas. I do not let my impressions of yesterday interfere with my present ideas of life. I live not in the past, but in today, and in today's new impressions and ideas.

My mind is renewed and refreshed through new ideas. New thoughts charge my mind and cause me to become revitalized mentally. I have a new mental outlook on life because I see all things in a new light.

My whole being is charged with the sense of newness. Physically, I am renewed. My physical organism becomes similar to the new ideas of life that I now hold in mind.

My environment and my whole world are pervaded by the spirit of newness.

Newly set the watch.—*Judges 7:19.*

The life of God my Father, inherent in me His son, is the life that now and forever thrills and animates me.

GOD'S LIFE is the life back of my very being. Living in Him, I can know no separation from life. At one with Him, I cannot know disease or death. I am alive in the consciousness of my inseparable unity with God, life of my life, being of my being.

God my Father lives eternally in me, His creation. I rise out of all personal belief in lack of life and accept the absolute truth that life is immanent in me forever and forever. In this life, this never-ending life of God, I live eternally.

The life of God, God in the midst of me, thrills and fills me. I cannot be apart from this life, from the very presence of God. I believe in no life other than God's life or distinct from my oneness with it.

As I live in the consciousness of my unity with God and His life, I feel life within me increasing in bountiful measure. I am every whit alive! I am one with the livingness of Infinite Being. I am a part of all life, one with universal life, one with God.

For as the Father hath life in himself, even so gave he to the Son also to have life in himself.
—*John 5:26.*

The peace of God within me spreads to my entire world, and I am at peace.

PEACE, the presence of God within me, now appears in my life as the ultimate expression and manifestation of perfect harmony. Conscious of His presence, I abide in peace. Harmonizing my thought and my life with His, I live in perfect harmony.

Great peace fills my soul and extends to all my being. My spirit contacts the Spirit of God, and I am at peace. Nothing in all the world can alter or destroy the sense of peace that I now enjoy. No person or external thing can affect the calm and harmony of my soul.

Peace! Perfect peace! The peace that passes understanding! Great peace emanating from the holy presence of God! Peace sublime! Such a peace is mine.

My environment is one of great peace. I am infolded in the presence of Christ and surrounded by His infinite peace. I live in peace and my life is peaceful and harmonious.

I cease to be inharmonious with the world and with things of the world. I make my peace with all things. I live in right relations with all living things, and find my life one of harmony and peace.

Live in peace: and the God of love and peace shall be with you.—*II Cor. 13:11.*

Thinking Godward, I blend myself with the mind of God inherent within me.

THINKING thoughts of Truth, peace, love, and life, I aspire Godward. I think thoughts that unify my mind with the mind of God. I serve God through thinking His high and holy thoughts and by expressing these in my life and in my world.

The mind of God is the mind of Truth, which is spiritual consciousness. When I am in spiritual consciousness my mind is blended with God's mind. In this high realization I am one with God, and I think His true and perfect thoughts. The thoughts of my heavenly Father are caught by me, His son.

The thoughts of God now active in my spiritual mind are a safeguard against negative thoughts. I refuse to think thoughts opposed to the mind of Truth. No longer shall I give thought-substance to adverse thinking. I conserve my power of thought that it may be used by the mind of Spirit, divine intelligence, infinite wisdom.

Thoughts of peace, love, courage, health, and plenty now fill my mind and I realize the truth and power back of these perfect thoughts.

I of myself with the mind, indeed, serve the law of God.—*Rom. 7:25.*

The law of God now operating in all my affairs frees me from any belief in the power of adverse laws.

I RECOGNIZE but one God, one law, one divine principle. I do not believe in negative and adverse laws. I know that when I am established in spiritual consciousness, in the realization of one law—the law of good, I am not affected by the operation of so-called laws of negation.

The law of perfect health makes me free from man-made laws governing disease. I am not under any law based upon ignorance, fear, or superstition. I am under the dominion of God, under His law, ruled by Him absolutely.

God, divine principle, the law of good, is the law upon which are based my life, my health, and my very being. His law is the foundation, structure, and background of my life. All that I am is based upon His law.

I place myself, my life, and all my affairs under divine law. I am willing to be ruled solely by the law of God, the law of infinite good. I affirm my freedom from bondage to any laws of limitation.

The law of God is at once the law of peace, health, prosperity, and success.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death. —*Rom. 8:2.*

I calmly and patiently witness all things in my life being adjusted for my highest good.

PATIENCE is my keynote for today. Through the power of Christ I am freed from all sense of impatience. I do not doubt the working of Spirit in my affairs. I am not restless or uncertain about the outcome of events. I know that God, the good, will prevail.

I know, when appearances seem to be most provoking, that they but challenge my faith, my patience, my ability to remain true. I know that back of all disorder and adverse appearance I can behold the perfect working of Spirit.

God's law of adjustment is now operating in all my affairs, and I patiently witness Spirit at work regulating and adjusting all things to my best advantage. I can patiently trust God at all times. I rejoice to be able to stand still, in faith and confidence that Spirit is working out mighty things in my life.

Rising out of all impatience I am exalted to that consciousness in which I know that God is at work in my affairs at all times. I patiently witness His presence, His work, and His victory.

Patient in spirit is better.—*Eccl. 7:8.*

God's help is never denied me. He helps me at the time and in the way that I need help.

I KNOW that God in His holy presence is always at hand ready to assist me at all times. I know that help comes to me in the measure and to the degree that I need it. His assistance is never withheld from me.

The angels of the Lord, His loving thoughts, attend me wherever I am. I cannot be separated from Him, His loving care, and His help. I cannot live away from God, because He is within me and about me. He is always at hand ministering unto me.

Wherever I am, there is God. Whenever I need help, then He is near. My call for help brings a prompt response. My desire for His presence causes Him to appear in the way and under the form that He can best serve me.

He is at hand to tell me what to do, what step to take, and which road to travel. He is near to minister His healing touch and to supply my every need. His presence infolds me.

Every call for God's help is answered.

From whence shall my help come?
My help *cometh* from Jehovah.
—*Psalms 121:1, 2.*

The Spirit of God now blesses me with that which I desire and need most of all.

THIS DAY I am assured of a blessing from God. I hold myself in readiness to welcome the good that God is now preparing for me. I am willing and ready to partake of the spiritual feast now being spread out before me.

I know that the blessing that comes to me is that one which God knows that I need most of all. I am assured that my desire for the thing that I seek most of all is a desire for God to express Himself in and through me.

I give thanks for every semblance of a blessing. I am appreciative for every evidence of good. Even the most insignificant blessing is welcomed by a thought of love.

I live in a world of blessings, and I lift my eyes to behold them now manifesting in my life. I behold good, peace, health, and plenty now expressing themselves and appearing as God's blessings for me.

I bless, with the thought of peace and love, all those whom I contact. God, expressing Himself through me, blesses those about me. I share my blessings with all whom I meet.

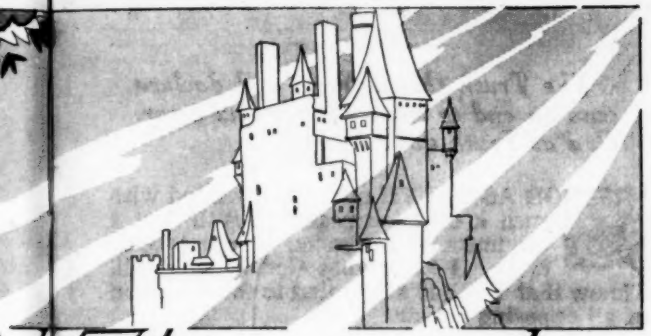
I will . . . pour you out a blessing.—*Mal. 3:10.*

Look

You'll fail to see the sl
You need its light to g
maze;
For if your eyes are d
The earth, the world a

You'll fail to see the c
The things that are of
For from the heavenl
The light of Christ wi

Look heavenward! Ye
Direct your thoughts,
Lift up your eyes unt
And not a blessing wi



ok Heavenward

o see the shining sun unless you heavenward gaze;
s light to guide your steps right through the earthly
maze;
eyes are downward cast, then earth is all you'll see—
he world and all its claims, is all for you there'll be.

o see the coming Christ if you still look at things—
hat are of passing worth, of which the world still sings;
e heavenly glory, from the heavens of the mind,
Christ will herald His approach—majestic, kind.

nward! Yes, keep your eyes upon the things of worth;
thoughts, too, heavenward, away from things of earth;
r eyes unto the hills, the heights of heavenly might,
lessing will escape you, whether day or night.

The Truth that I know and declare puts an end to all ignorance and error. God as Truth does prevail.

GOD AS TRUTH now fills my mind with such a consciousness of Truth that I can make no concession to ignorance or error. I know that God is all in all. I know that Truth fills my mind to the exclusion of all opposing beliefs.

The Truth that I declare is the voice of Spirit within me, for God voices nothing but Truth. I declare this Truth in wisdom and in love, and nothing can oppose it or prevail against it.

As God knows no opposing power, so none can resist the word of Truth that I speak, for God lives in His word. It is invincible. God is the defender of His Truth, the power back of His word.

The truth about health is the truth that wipes out disease; the truth about prosperity reveals the falsehood of lack. Knowing God's saving Truth, I am delivered from the false beliefs of the race. I cease to believe in anything that is opposed to the Truth of God, the Truth of Infinite Being.

In the Truth of God I abide now and forevermore. Established in God, I am firmly intrenched in His word of Truth.

Speaking truth in love.—*Eph. 4:15.*

The light of the Holy Spirit at the center of my being inspires me and illumines my way.

THE SPIRIT of God within me is the source of my light, illumination, inspiration, and revelation. All that I need to know is revealed by the Spirit of light. Everything that I need to see is illumined by the Spirit of wisdom and understanding.

Light now shines upon my consciousness and there are no darkened beliefs, no ignorance or superstition, there. I am not in bondage to darkened thoughts. My mind is filled with the light and illumination of Spirit.

The light of Spirit shines upon me and upon my whole world. I always know what to do. I am not hesitant and undecided. My way is revealed to me.

I abide forevermore in light, in the presence of radiant light. God's holy light is always an inspiration to me. I am prompted to go forward and to walk in the path that Spirit illumines for me. Abiding in light, I live in God.

The light of God shining upon me reveals myself to me as I am seen in God. I behold my own divinity, my own likeness to the Father.

While ye have the light, believe on the light, that ye may become sons of light.—*John 12:36.*

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

December 20 to January 19

In the quietness and confidence of the all-knowing Spirit of God within me, I am established in wisdom and understanding.

In the quietness and confidence of Thy Spirit within me I realize Thy abundant life, and I am healed.

My mind is stayed on Thee as my unfailing resource, and I am in all ways prospered.

The consciousness of God's healing presence wipes out all evidence of belief in disease in my mind or body, and I am made whole.

GOD'S HOLY thought about health and wholeness fills my mind, and there is no room for any belief in disease. Resting in this consciousness, I am not in the disease thought. I abide in the clear realization that health is my divine birthright and that I am now expressing perfect health, the will of God.

The consciousness of health puts an end to the belief in disease and weakness. Realizing this truth, I rise out of all thought of ill health. I cease to think of myself as related to disease. I do not speak of myself as having disease or as being weak. I am established in the truth that in Christ I am whole and well.

God in me is my health and my strength. I am established in that consciousness which knows no deviation from Truth. I am firmly grounded in the truth of my perfect wholeness.

My health is established from everlasting to everlasting. No race belief can alter this truth. Unified with God, I am at one with His life, health, and strength.

Bless Jehovah, O my soul . . .
Who healeth all thy diseases.
—*Psalms 103:1, 3.*

God, in His infinite bounty, supplies my every need, and I am prosperous.

IN GOD'S world there is no lack. God fills His spiritual world with all good, with bountiful blessings, and with prosperity. God in His infinite goodness fills His world with His omnipresence, and good is seen everywhere.

I deny the presence, power, or reality of all sense of lack and failure. I wipe out of mind every belief in bad luck and poverty. I know that in Spirit God fills me and my world with plenty. I affirm my oneness with His inexhaustible bounty. I recognize and accept His bountiful gifts, now being poured out upon me.

The Spirit of wisdom, order, justice, and prosperity is now active in all my affairs. All things are in divine order. Infinite justice rules my affairs and that which is mine now comes to me. Nothing can keep my prosperity and my success from manifesting. No mortal belief can interfere with my good. My prosperity is assured.

I place all things in the care and keeping of God and He prospers my affairs. Under His guidance and management all that I have becomes impregnated with prosperity.

Beloved, I pray that in all things thou mayest prosper.—*III John* 2.

In quietness and in stillness I relax from all tension.

IN THE STILLNESS of the presence of God I am free from all disturbance and tension. Nothing of the world about me can invade the sanctity of my inner quiet. Nothing external can draw me from the stillness and quietness of Spirit within me.

In this presence I am relaxed. Mentally I am free from those beliefs which cause tenseness of mind. I am free from thoughts of fear, hate, and resistance. My mind is filled with heavenly thoughts—those of freedom, peace, love, and joy.

Since I am mentally relaxed, I feel my whole body relax. My muscles and my nerves are freed from strain and tension. I rest in the quietness and stillness of perfect relaxation.

I live in a world free from tension and strain. There is nothing in my world now to cause me to be tense. I know the way to relax even when conditions about me would ordinarily cause me to be resistant. I can enter the silence of Spirit within me at a moment's notice, and withdraw from all discord and disturbance.

In the peace and quiet of Spirit I am perfectly still. God within me is stillness.

He leadeth me beside still waters.
He restoreth my soul.
—*Psalms 23:2, 3.*

The kingdom of heaven is within me and about me, and I abide with Spirit in heaven here and now.

LOOKING AWAY from the seeming inharmonies of the world, I behold God's perfect world, His heaven. I see that world which I have idealized in mind as perfect and harmonious. I behold heaven, and see myself in the very midst of it.

I do not think of heaven as something apart from my life, something separated from me because of time or space. Heaven does not exist in some other place or in some other time, since there is neither time nor space in Spirit. Heaven exists here and now, and God fills it with His eternal presence.

Abiding in heaven, I see all persons and all things as they are seen in heaven. I behold Spirit back of all things. I see the heavenly correspondence of things that seem to exist in the world of matter.

Living in heaven, my thought is upon heavenly things. Thinking thoughts of peace, love, and truth, I think heavenward. My mind is centered upon that ideal and heavenly realm in which I have always felt that I rightfully belong. Now I enter this kingdom, and my soul is satisfied.

The kingdom of heaven is at hand.—*Matt. 4:17.*

I give freely of the good that I have, and each one who receives from me receives that which satisfies his soul.

I KNOW how to give good gifts. The Spirit of wisdom and love in me directs me in giving freely to others. I sense the good that they need and desire, and I give to them accordingly.

I share the Truth that I know with them. I am ready to speak the word of Truth that will free them from ignorance, fear, disease, and lack.

I give them of my love. I see them freed from all sense of hate. I behold them now established in the love of God, which knows no compromise with hate or fear. I see them beholding themselves as loving sons of God.

I give them peace. In my gift of peace is the very peace that is of Spirit. I share my heavenly peace with all these and they, too, are peaceful and harmonious.

I share with them the consciousness of life and health. They, too, are exalted to that heavenly estate in which they know that health and strength are theirs.

I give unto them great joy. From the joy of Christ within me joy radiates to all the world.

Giveth to all liberally.—*James 1:5.*

Christ in me now comes forth as the expression and fulfillment of my highest ideal.

CHRIST IN ME

Christ in me, my source of light,
E'er be shining, e'er be bright!
Christ in me, all-knowing, wise,
Thou art e'er perfection's prize!
Peace and harmony divine,
Christ in me, forever mine!

Christ in me, so constant, true,
Always there, whate'er I do,
Ne'er denying what I ask,
Never failing any task;
Christ in me all good reveals
And fulfills my high ideals.

Christ in me, formed there in love,
Counterpart of God above,
Come Thou forth this glorious day,
My ideal in every way,
Radiating heavenly beams
And fulfilling all my dreams!

Christ be formed in you.—*Gal. 4:19.*

FRIDAY, DECEMBER 26

The wisdom of Spirit directs me in the path that I should take, and my way is attended by joy and success.

I KNOW that the Spirit of wisdom and good judgment is now revealing to me the right step for me to take. I am not hesitant or undecided. I have no confusion in regard to what I should do today. I recognize the path that Spirit points out, and I take it.

I know that when I go the way of Spirit I am assured of peace, harmony, health, and success. Nothing can interfere with my well-being when I am in the path of Spirit. No adverse belief can keep my good from me.

The way of Spirit, the way that I am now traveling, is one in which I am attended by the very presence of Christ. He is within and about me. He is with me in all that I think and do. He inspires, guides, governs, and sustains me.

Since I go the way of Spirit, my success is absolutely assured. I cannot fail. God in His wisdom and love is with me on every hand and at every step. My work is His work and I need not fear the outcome. I go forth this day knowing that He is with me. His wisdom, judgment, joy, and success attend me.

He shall prepare the way before me.—*Mal. 3:1.*

The Spirit of God touches my sight and I have spiritual insight, ability to see all things in their spiritual perfection.

THE SPIRIT of God now overshadows me and my soul is quickened to spiritual vision. Through the gift of God I have power to behold all things in their spiritual perfection. I can see!

God, the Spirit of perfect vision, within me looks upon the world and sees it as very good. He sees all things clearly and distinctly, and I have power in Him to see all things well. As His son I have His power to exercise spiritual vision. I have perfect sight and spiritual insight.

I know that I can see all things without strain or tension. I relax from all belief that I have difficulty in seeing. I see without effort. I behold God unfolding His world before my eyes and revealing it to me in its supreme beauty.

Looking through eyes of Spirit, I see the truth and reality back of appearances. I behold Divine Being in its omnipresence. Nothing can obscure it, or keep me from beholding divinity everywhere expressed. Through the mist of materiality, I behold God in perfection.

Jesus . . . touched their eyes; and straightway they received their sight.—*Matt. 20:34.*

The Spirit of praise now active in me and in my life frees me from being condemned and from condemning others.

I REJOICE to feel that I am free from the habit of condemning others. I recognize the truth that none of these are accountable to me for what they do. I need not look for their faults or attempt to disclose them. I have no desire to condemn, criticize, or censure.

Since I am not in the consciousness of condemnation, I am not condemned. I do not attract condemnation. I am free from the adverse thoughts of others because I abide in that high consciousness of Spirit that is untouched by negative beliefs.

I rejoice to praise the good in others. I am happy to look beyond their seeming limitations and to behold that which I can praise. I know that there is good in all persons. I know that in every one I can find the good in sufficient measure to praise it.

I go forth this day freed from the habit of condemnation. I praise the good and see it increase in quantity. I see it revealed to me in greater measure as I ascend higher and higher in spiritual consciousness.

Then shall each man have his praise from God.
—*I Cor. 4:5.*

I cease to think of myself as born of sin, flesh, or matter. I am a child of God, born of Spirit.

I RENOUNCE all belief that I was conceived in sin or born of limitation. In Spirit, the real "I" of me is of spiritual birth, unlimited by things of the flesh or the limitations of matter. I now claim my spiritual heritage, because I know that only through realizing the truth of my spiritual parentage and heritage can I lay hold of my spiritual nature.

Jesus, my Elder Brother, born of my Father, inspires me to claim my spiritual heritage, my divine sonship. With Him I know that I am a son of God. I know that He is not jealous of my claim. His presence causes me to lay hold of my sonship and to realize that, like Him, I am truly a son of the Father.

As a son of God, I am the child of His perfection. I inherit His wisdom, peace, love, health, and abundance. I lack no good thing. As His son, I am a prince of His heavenly realm. His storehouse of bountiful blessings is always open to me.

As a son of God, I am thoroughly alive, healthy, and strong. This consciousness prompts me at all times to health and strength.

As many as received him, to them gave he the right to become children of God.—*John 1:12.*

I am unified with God, the good, wherever He as good is manifest. I am at one with God and His manifestation.

THROUGH SPIRITUAL unity I am held by bonds of love to the presence of God wherever He is and under whatever form He appears. I cannot be separated from my good because I cannot be separated from God.

Unified with God at all times, I am inseparably joined with all His manifestations and expressions. Nothing that is of God can be separated from me or denied me. I am unified with all that He is. No belief in separation, cliques, factions, or divisions can keep me from knowing the truth of my spiritual unity with God, the good.

I am at one with wisdom, peace, love, life, and substance, since I am at one with God. He and I are inseparably joined, inseparably interrelated. Nothing can sever our spiritual union. No adverse belief or external thing can come between us.

I am joined with universal good, with God expressing Himself in tangible form. I am one with the good in all persons and all things. God is within me and I am in Him.

One there is who is good.—*Matt. 19:17.*

This day I forgive and I am forgiven.

IN THE CONSCIOUSNESS of God's mercy, compassion, and forgiveness, I forgive and I am forgiven. I erase from mind every limited belief that would cause me to think of others as bound to faults or mistakes of the past. In Christ, all is forgiven.

In the consciousness of God's merciful love and care, I know that I am set free from every limited belief that has kept me bound to mistakes of yesterday. I no longer blame myself, and I am not blamed. I cease to hold myself in bondage to the past. I am forgiven.

I wipe from mind every limited belief that I have had about any person on the face of the earth. I cease to hold any ill will toward any one. I set each one free in the freedom that has been his from the beginning.

I see all persons restored to the loving-kindness of the Father. I see them beholding themselves blameless and forgiven. I rejoice with them in the realization that the Father has now forgiven each one and restored him to His loving-kindness.

In God's forgiving heart I place myself and all my loved ones. We forgive and we are forgiven!

Whose soever sins ye forgive, they are forgiven unto them.—*John 20:23.*

A New Book

THE TWELVE POWERS OF MAN
by Charles Fillmore

"A new book by Charles Fillmore!" This has been the demand of Unity readers for some time, and so Mr. Fillmore at last consented to put into book form his articles, "Faculty Unfoldment," that have appeared serially in *Unity* magazine. The title of the book is *The Twelve Powers of Man.* You will want to know all about these twelve God-given powers, and how to use them for your highest good.

This book will be ready for distribution December 1, in time for Christmas orders. You are sure to have friends who would appreciate Charles Fillmore's book for Christmas. Look over your list, and send in your order early.

The Twelve Powers of Man is a standard Unity book, price $1. Limp binding, *de luxe,* $3.00.

Unity School of Christianity,
917 Tracy, Kansas City, Mo.

A Gift That Really Gives

Because the Master loved and blessed little children, the world feels drawn to celebrate His birthday by bringing as much joy as possible into the hearts of the young. And so, every Christmas list includes the names of many little folks. There are gifts and gifts that amuse and delight, but could there be a better gift than one that teaches the child how to fashion his life after the pattern of the Christ life? Such a gift would appropriately celebrate the birth of Jesus, the Christ.

Wee Wisdom magazine, published monthly by Unity School, teaches children the happy way, the Christ way of living. This it accomplishes through its well chosen, constructive stories, verses, and other delightful features. The child unconsciously absorbs life's greatest lessons through the medium of play. *Wee Wisdom* is a gift that really gives. Why not write *Wee Wisdom* opposite the names of the children on your list? The price is $1.50 for a whole year's subscription, a gift of twelve surprises.

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Jingle Bells!
Jingle Bells!

Yes, if you will tune in on Station XMAS, you can hear the sleigh bells jingling, as Old Santa Claus prepares to start on his annual joy-giving rounds. Are you ready for his visit? Yes? Wait a moment! How about Christmas cards? Have you bought your supply? No? Then you will want to hear about Unity's 1930 greeting cards.

We have all new selections for 1930, most attractive in design and coloring, and the best part about them is their greetings, all written by Unity workers. You will find them appropriate and pleasing.

Our cards this year are in box assortments only, fifteen cards in a box, no two alike. We know that you will like our cards, so send in your order at once, because there is not much time to spare before St. Nick arrives. You will want more than one box of these attractive cards.

Price $1 a box

Gift Books
by Two Unity Editors

Remember

by Lowell Fillmore

Have you a friend who seems in need of more joy? If so, you could not choose for him a more acceptable gift than the book, *Remember*. The simplicity and joyousness of its message, together with its practical solution of everyday problems, make it an appropriate gift. Following each chapter there are seven helpful meditations, one for every day in the week, making the book a real inspiration and help. Price $1.

Creed of the Dauntless

by F. B. Whitney

After reading *Creed of the Dauntless*, by F. B. Whitney, one Truth student said that the teaching of this book could be summed up in these words: "I believe in Health, Happiness, and Prosperity." Why not send this book to a friend, and help him to adopt a creed that is constructive and joy-giving? This book, by the author of *Unity Daily Word*, is one of Unity's newest books. It is standard in size and sells for $1.

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Two Books Your Friends Will Like

What Are You?

by Imelda O. Shanklin

There is no more fascinating study than that of finding out one's true identity, one's self as known only to God. The book, *What Are You?*, takes you into that mysterious inner realm where you become acquainted with your soul. Some friend would find in this book a wealth of inspiration, and courage to meet life's tests. Why not send him this book for Christmas? Price $1.

Miscellaneous Writings

by H. Emilie Cady

As the name implies, this book deals with a number of subjects. Each chapter is complete in itself, and explains some vital problem in Truth. One chapter, "Finding the Christ," is worth the price of the book. The author, out of her own rich spiritual experiences, brings you a real message of Truth. Any friend would appreciate this book for Christmas. Price $1.

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A Gift Entirely New

When Ye Pray

by H. B. Jeffery

This new booklet, by an author who needs no introduction to Unity readers, is now ready for distribution, and you will want to order several copies to send as Christmas gifts. Ninety pages are included in this booklet, the page size being 4 by 6 inches. The contents, in three sections, include: *The Lord's Prayer Interpreted; Jesus Christ; When Ye Pray.* The price is 50¢.

Gift Mottoes

Unity's inspiring mottoes, attractively designed and framed, make highly prized gifts. Make your selection from the list below.

A Transcendent Treatment	$1.50
Prayer of Faith	1.50
The Answer	1.50
Friendship	1.50
Greetings	1.25
Ten Commandments (Truth Version)	1.25
Power of an Idea	.75
House Blessing	.75

Those Who Know It Best

THOSE who read *Weekly Unity* regularly tell us that they cannot do without it. They look forward to each weekly issue, knowing that it will contain just the help that they need.

Weekly Unity is a friend to those who feel lonely, a blessing to those who seem to be in need of a boost. It brings a simple, practical message in a most helpful way. It sets forth the teachings of Jesus Christ, and explains how to apply them to everyday problems. It shows how people are healed and prospered through the power of prayer.

Why not send *Weekly Unity* subscriptions to a number of friends this Christmas? *Weekly Unity* is a gift that lasts the whole year round; a gift that helps a friend to put worries and fears in the background, and lift his consciousness to the place of peace, joy, and plenty. The price of a year's subscription is $1.50.

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Companion Studies

Lessons in Truth

Twelve lessons, simply and beautifully written, make up the contents of this book, by H. Emilie Cady. The author takes you step by step into the realm of spiritual things, and explains many puzzling questions. If you have a friend who is a beginner in Truth, you will want to send him this book, which is an authentic textbook on the basic principles of Truth. It is a book that never grows dull, for with each reading the student's interest grows. The book is cloth-bound, price $1.

Christian Healing

This book, by Charles Fillmore, is a study of the healing principles taught and demonstrated by Jesus Christ. It definitely points the way to an understanding of that power which created and sustains the universe. It teaches that every person has access to that Power within himself, and that, by contacting it, he opens the door to health, happiness, and prosperity. The book is made up of lessons with accompanying question helps. For an advanced student of Truth it would be an ideal Christmas gift. Cloth-bound; price $1.

Healing and Prosperity

Heal Thyself

Health is one of God's good gifts to man. If you have a friend who is not manifesting health, who believes that sickness is a part of God's plan for mankind, you can help him to change his viewpoint by sending him *Heal Thyself*, a book by Ruthanna Schenck. This book consists of lessons that are simple and easily mastered, and each lesson is followed by a prayer for healing. *Heal Thyself* is a guide to abundant health. A cloth-bound book; price $1.

Be Ye Prospered

"One of the greatest hindrances to a person's getting what he would like to have is that he thinks too much about getting it." This interesting statement from the book, *Be Ye Prospered,* by Ruthanna Schenck, explains why many persons fail to demonstrate prosperity. This book is a scientific study of the laws governing prosperity. It is practical in every sense. Perhaps you have a friend who seems to be struggling with fear of lack. Give him this book for Christmas. Cloth binding, price $1.

"Let Your Light Shine"

As the Christmas season approaches you begin to think of the ways and means by which you may carry out Christ's command, "Let your light shine." You may feed the hungry, clothe the destitute, visit those who are sick or in prison. But there are others who do not need your personal ministrations, and yet they are walking in life's shadows, because they have no knowledge of the Truth as taught and lived by Jesus Christ. To these we suggest that you send a Truth periodical for Christmas, a gift that will shed light upon their pathway all during 1931.

Such a gift is *Unity Daily Word.* Coming once a month, it carries

A lesson for every day
Articles rich in Truth
Poems full of inspiration

"Let your light shine" into many homes this Christmas through your gift of *Unity Daily Word.* The price is $1.50 a year.

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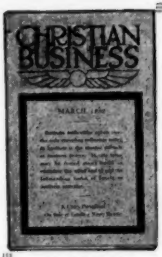

Putting TRUTH into BUSINESS

Have you a friend or acquaintance who is constantly complaining about business conditions, always predicting a dull season and financial depression? Then this is your chance to help him change his point of view. You know that he needs to put Truth to work in his affairs in order to attain success. Why not start him thinking along this line by sending him *Christian Business* as a gift.

Christian Business magazine is a practical guide to success. It stimulates the business person's ideas, bringing him inspiration from the experiences of others. It is just the right gift for one who is entertaining discouragement and fear of lack. It will change his outlook on life. The price of *Christian Business* magazine for one year is $1.50.

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Gift Suggestions

The Sunlit Way

This book, by Ernest C. Wilson, the editor of *Youth* magazine, is true to its title, for it contains a message of light. If you have a friend who seems always to dwell in the shadows of life, send him this book for Christmas. It will show him how to find the sunlit way of life, the Christ way, which is full of love, joy, and peace. This is a cloth-bound book, and sells for $1.

The Science of Food and Cookery

Most women are fascinated with a new cookbook, especially one that gives suggestions for menus, correct food combinations, recipes for the sick, and information about food and nutrition in general. Such a book is *The Science of Food and Cookery*. It contains practical recipes for vegetarian cookery and a wealth of scientific information. Beautifully bound, this book sells for $2.50.

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Booklets for Gifts

Choose a Unity booklet for the friend for whom you wish an inexpensive yet helpful gift.

THE BOOK OF SILENT PRAYER . . 50 cents
Inspiring prayers for every occasion.

CAROLINE NAPIER . . . . . 50 cents
A true story of a woman's courage.

FINDING THE CHRIST IN OURSELVES
. . . . . 25 cents
Showing man's true relation to God.

BEGINNING AGAIN . . . . . 35 cents
How to get a new outlook on life.

DIRECTIONS FOR BEGINNERS . . 25 cents
First steps in Truth.

INNER VISION . . . . . 50 cents
Dreams interpreted.

METHODS OF MEDITATION . . . . 35 cents
Four steps in meditation.

THE SILENCE . . . . . 50 cents
Principles and practice of prayer.

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In Santa's Pack

Good old Santa Claus seems to be carrying a very heavy load. Maybe he has lots of books in his pack, for he knows how much boys and girls enjoy reading. Speaking of books, we offer you the following list from which to choose gifts for your young friends. Unity's books are character-building, besides being delightful and instructive. You can safely select any one of them.

For the Younger Ones

LITTLE SUSIE SLEEP EARS .....$.75

WHITE STOCKINGS AND OTHER TALES ..... .75

LOVE'S ROSES ..... .25

For the Juniors

AUNT JOY'S NATURE TALKS .....$.75

WEE WISDOM'S WAY ..... .75

TREASURE BOX ..... .50

A Unity Publication

Youth

For Everybody

"What shall I send Ruth for Christmas? I cannot think of a single thing that she needs. And then there is Aunt Mary. All that she cares about is books, and yet I don't like to send her a book every Christmas."

Have you problems like these? Then let us suggest *Youth* magazine as a gift for the friend who seems to have everything, and for the one who enjoys reading. *Youth* magazine is for every person, regardless of years.

Youth brings pleasure, because its fiction is up-to-date and constructive. It brings help, because it shows how other persons have solved their problems in the Truth way. It brings inspiration and instruction. It comes twelve times a year with its message of joy and enthusiasm. You cannot make a mistake in sending *Youth* magazine to any friend whom you wish to remember this Christmas. A year's subscription $1.50.

Your Opportunity

The Christmas season offers you a great opportunity, that of sending forth encouraging, stimulating, life-giving words of Truth. Long after material gifts have been lost or worn out, words of Truth will remain in the heart of a friend to encourage, to bless, and to uplift him day by day.

In this connection we suggest that you let *Unity* magazine express your loving thought to many friends this Christmas. It will remind them month by month of your friendship; it will help them to face life's tests with courage and joy.

Unity magazine, edited by Charles and Myrtle Fillmore, teaches the way of true living—the attainment of health, happiness, and plenty. It awakens in man the consciousness of his true relationship to God. It is a handbook of Christian healing and Christian living, teaching how the power of the mind can be used by every one to direct his affairs. Add to some one's happiness this Christmas by sending him *Unity* magazine. Price, $1.50, for a year's subscription.

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Give Yourself the
Metaphysical Bible Dictionary

WHAT will you do with the check that some one sends you for Christmas? You will want to invest it in something especially fine. Why not give yourself the *Unity Metaphysical Bible Dictionary.*

The *Metaphysical Bible Dictionary* is of interest to students who seek to gain a metaphysical understanding of the Bible. It gives the definition and history of Scriptural proper names, with their metaphysical interpretation as taught by Unity School. References are included when the name appears in various places in the Bible.

The Unity Metaphysical Bible Dictionary is ready to be printed, but before it is printed we must know that at least one thousand persons want the book. We are making a special offer to the first thousand who send in their orders—they will receive the book in a special *de luxe* binding, and it will be autographed by Charles Fillmore.

Send in your order now with your remittance of $10, so that you will be entitled to this special offer. If we do not receive one thousand orders for this book by January 1, your money will be returned to you. Address your order to

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IN THE JANUARY NUMBER:

I Begin Life Anew

I, Your God, Lend You a Year

True Values and Proper Estimates

Faith Unyielding

Out of the Clouds Came a Sunbeam

Your application of the truths taught in the daily lessons in *Unity Daily Word* will insure for you a month of peace, health, and plenty.

Unity Daily Word Is Now on Sale at Metaphysical Libraries, Unity Centers, and Leading News Stands.